

CYO OPENING "KNIGHT" TRACK + FIELD INVITATIONAL

St. John's Jesuit High School

Sunday, April 12th, 2026

Please register using [MileSplit](#) by 10 pm on April 10th.

The cost is \$5 per participant with a limit of 3 events per participant.

Need help claiming your team, editing your roster, or submitting your entries?

[Team Management](#)

Cadets (3rd-5th)		Juniors (6th-8th)	
1:00	Arrival	3:45	Arrival
1:30	CYO Prayer		
1:45	Field Events (check in 1:30) Girls Discus (1kg, no 3rd graders) Boys Shot Put (6lb, no 3rd graders) Girls High Jump (opens 3'2") Boys and Girls Long Jump (2 pits) followed by Boys Discus (1kg, no 3rd graders) Girls Shot Put (6lb, no 3rd graders) Boys High Jump (opens 3'2")	4:15	Field Events (check in 4:00) Girls Discus (1kg) Boys Shot Put (8 lb) Girls High Jump (opens 3'10") Boys and Girls Long Jump (1 pit) followed by Boys Discus (1 kg) Girls Shot Put (8 lb) Boys High Jump (opens 4'2")
2:15	Running Events (all events run as timed finals) CG 100m Dash CB 100m Dash CG 1600m Run - waterfall start CB 1600m Run - waterfall start CG 4x100m Relay CB 4x100m Relay CG 400m Dash CB 400m Dash CG SMR (100-100-200-400) CB SMR (100-100-200-400) CG 800m Run - one turn stagger CB 800m Run - one turn stagger CG 200m Dash CB 200m Dash	5:15	Running Events (all events run as timed finals) JG 100m Dash JB 100m Dash JG 1600m Run - waterfall start JB 1600m Run - waterfall start JG 4x100m Relay JB 4x100m Relay JG 400m Dash JB 400m Dash JG 200m Hurdles (30") JB 200m Hurdles (30") JG 800m Run - one turn stagger JB 800m Run - one turn stagger JG 200m Dash JB 200m Dash

For more information email Jim Neary at jneary@sfsknights.org.